

# Fitness Fun At Chavis



Looking for a GREAT workout for HALF the usual price? Join us for some fitness fun!

## Zumba with Kelli

### The Concept

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

### The Instructor

Instructor Kelli Cheatham has been passionate about dance for a long time. She discovered the power of Zumba in 2008, ever since then she's had a desire to teach class and share her excitement with the community. She began teaching upon graduation from UNC-CH the summer of 2009.

### How is Zumba with Kelli Different?

Classic Zumba remixed with current Hip Hop and Techno moves and tunes

Weekly class emails

Class request songs and themes

Session I 6:30pm – 7:15pm Thursdays

#106411 Jan 6-27

#106412 Feb 3-24

#106413 Mar 3-24

Session II 7:30pm – 8:15pm Thursdays

#106414 Jan 6-27

#106415 Feb 3-24

#106416 Mar 3-24

Age 18Y. & Up

Class Fee \$20

